

Daily Reminders/Misc.

- Watch Governor Burgum's update Monday, Wednesday, and Friday (unless otherwise noted) at 3:30 pm CST (available on local news or NDDOH social media).
- Previous updates are archived on our website, and can be found [here](#).
- Every time we turn around there's something else happening in the world – which means it's in our face in social media and on TV. Sometimes a big part of your mental health could be as simple as getting away from 'the world'. Turn off the TV. Put down the phone. Don't look at social media. Set aside some time for yourself and get away from the business and negativity that's everywhere. Take that time to recoup, refresh, and recover.

New and Current Guidance/Items of Interest

- ***NEW*** Webinar Thursday, June 2, 2020: [ems.gov](https://www.ems.gov): Emergency Department: Air and Ground Interfacility Transfers; COVID-19 Clinical Rounds. Register [here](#).
- ***NEW*** As of Friday, March 29, Governor Burgum announced ND has moved into the '**low**' risk level for COVID-19. Read the details of the North Dakota Smart Restart Protocols [here](#).
- ***NEW*** A CDC study released today shows how the US Air Force used social distancing and face coverings to massively limit COVID-19 spread during basic training. Read it [here](#).
- As of May 12, The National Registry is offering EMT and AEMT candidates the opportunity to take the official National Registry Cognitive (written) examination on their own computers at their home or office via new secure technology. Read about it [here](#).
- The Instructor Coordinator Refresher scheduled for Jamestown ND on June 4th has been postponed. If Instructor Coordinators have a certificate that expires June 30, 2020, the state of North Dakota will recognize them as active instructors until IC Coordinator refreshers are available.
- Interim AHA Guidelines for Reducing COVID-19 Transmission During Resuscitation in Pediatric Care [here](#)

Links

- NDDOH Website <https://www.health.nd.gov/>
- CDC Website <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- International Critical Incident Stress Foundation COVID-19 Resources: <https://icisf.org/covid19-resources/>
- ND HAN Website <http://hanassets.nd.gov/>
- EMS.gov Coronavirus/COVID-19 Resources https://www.ems.gov/projects/coronavirus_covid-19_resources.html
- COVID-19 Peak Predictions <https://covid19.healthdata.org/projections>

Thank you again for all of your efforts on behalf of your fellow North Dakotans!